

DINNERLY



Creamy Kale Pasta with Almond Crunch



20 minutes



2 Servings

Find it hard to get your kids to eat their daily greens? Dressed in a velvety cream cheese sauce and topped off with crunchy almonds, this pasta will do the trick. What's more, it's ready in a flash.

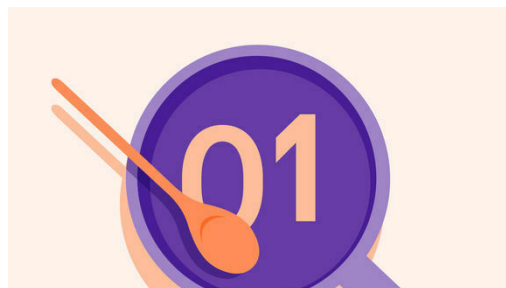
- 100g kale
- basil
- 250g spaghetti ¹
- 20g slivered almonds ¹⁵
- 5g Italian seasoning ¹⁷
- 250g cream cheese ⁷

- 2 garlic cloves
- 1¼ tbs olive oil

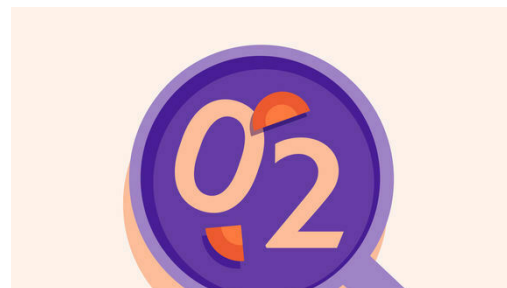
- medium saucepan
- medium deep frypan

Gluten (1), Milk (7), Tree Nuts (15), Sulphites (17). May contain traces of other allergens.

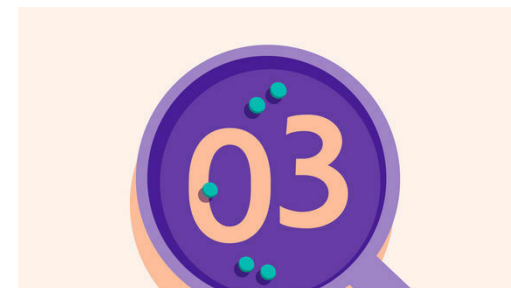
Energy 970kcal, Fat 50.6g, Carbs 98.1g,
Proteins 27.1g



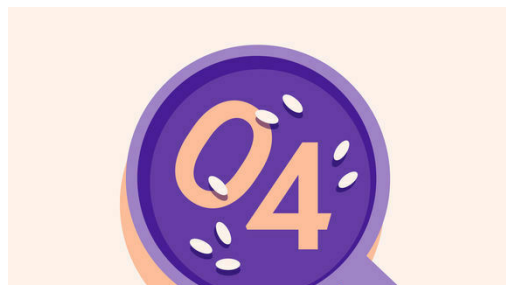
Bring a medium saucepan of salted water to the boil for the pasta. Remove the tough inner stems from the **kale**, then finely chop the leaves. Reserve a few small leaves, then coarsely chop the **basil** leaves and finely chop the stems. Crush or finely chop **2 garlic cloves**.



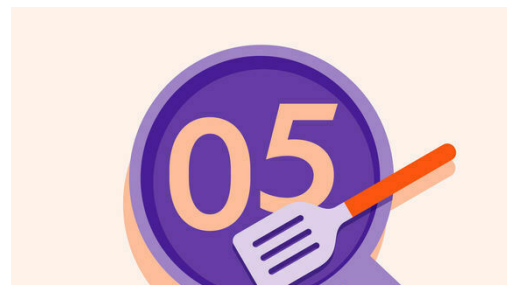
Cook the **pasta** in the pan of boiling water for 12 mins or until al dente. Reserve **180ml (¾ cup) cooking water**, then drain the pasta.



Meanwhile, heat **1 tsp olive oil** in a medium deep frypan over medium-high heat. Add the **almonds**, season with **salt and pepper** and toast, tossing, for 3-5 mins until golden. Remove from the pan.



Heat **1 tbs olive oil** in the same pan over medium heat. Cook the **kale, chopped basil stems, Italian seasoning** and **garlic**, stirring, for 3 mins or until wilted. Add the **cream cheese** and **reserved cooking water** and cook, stirring, for 1 min or until smooth.



Add the **pasta** and **chopped basil leaves** to the creamy kale and toss to combine. Taste, then season with **salt and pepper** (see Kitchen 101). Divide the **creamy kale pasta** among bowls, scatter with the **almonds** and **reserved basil** and enjoy!



Our Italian seasoning contains salt, so make sure you taste the pasta before adding salt.



Packed in Australia
from at least 95%
Australian ingredient.